



Thank you!



Justin always steps up to help at regional self advocacy meetings. He takes the microphone around to people who want to speak, he helps pass out papers, he makes announcements, and he watches over the room to see if anyone needs help with anything. Thank you, Justin, for your thoughtful and respectful support for others.

## Meeting Your Goals

At the Regional Self Advocacy meeting in Fairfield on Dec 18, we talked about meeting goals.

Jenny told how she has met her goals to be more independent. Jenny has a job she loves rolling silverware at Olive Garden. When her job coach suggested that she do her job independently, Jenny talked with staff at Dungarvin about what she could do if she needed help and she didn't have a job coach with her. Jenny said, "We did problem-solving to identify natural supports at Olive Garden. We talked about what I would do if I had a problem. For example if someone was annoying me I would take a few deep breaths. If I needed help with my job, I would ask someone. There are a lot of people I can talk to. For example, my coworker Carlos is cool. Every Tuesday and Thursday we say 'Good Morning' in Spanish: "Buenos dias." Como esta? Bien. No bien. My supervisor is very supportive."



Last month Jenny started taking DART to get to and from her job. She said, "I used to go to work on the Dunagrvin van. DART works better for me because it's quieter." Jenny said, "I'm proud of my independence!"

(continued on page 2)

# Meeting Your Goals...

(continued from page 1)



Maria talked about how she used a new kind of service – Self Determination – to meet her goals.

Instead of getting services from an agency, Maria used money from the regional center to get a computer that eventually helped her to get the kind of job she wanted.

We got into small groups where people talked about their goals, like going to college, learning to cook, taking an art class, getting a job, and starting a business. Other people in the groups had helpful ideas and suggestions to help people meet their goals.

Thank you to everyone who came to the regional self advocacy meeting, and thank you to the programs and staff that supported people to attend and participate!

## Need Help Meeting Your Goals?

If you need help meeting your goals:

- ✓ Talk to friends and people who support you (maybe your family, staff, or service coordinator).
- ✓ Ask for an IPP meeting.
- ✓ Prepare for your IPP meeting by writing down your goals and any support you need to reach your goals.



### Sonoma People First Avengers

do a great job supporting each other to meet their goals. At their meetings, each person can talk about their goals and progress. Members celebrate when someone reaches their goal and they encourage each other to keep working toward their goals.



Area Board 4 can help individuals prepare for their IPP meetings, or help groups work on setting and meeting goals.

Contact us at [cindy.ruder@scdd.ca.gov](mailto:cindy.ruder@scdd.ca.gov) or 707-953-8403.



Here is a resource if you want to know more about Self Determination:

[http://www.scdd.ca.gov/res/docs/pdf/Self Determination Fact Sheet S-A \(HQ\).pdf](http://www.scdd.ca.gov/res/docs/pdf/Self%20Determination%20Fact%20Sheet%20S-A%20(HQ).pdf)



Thanks to Keith for kicking off the meeting and introducing our speakers!

We always love seeing the SDS advocates!!





State of California  
*Department of Developmental Services*

Congratulations to Kathy!! Kathy was selected to be a member of the Department of Developmental Services' Consumer Advisory Committee (CAC). Kathy went to her first CAC meeting in November.

Kathy said, "I thought it was really good. I reported how much money we WineBev People First made for Special Olympics - \$100! We talked about how to go about getting housing to get yourself out there. And jobs."

"I liked the meeting. I talked with other people. We're supposed to go online and read about NCI."

Thank you Kathy for being an advocate for others!

\* \* \* \* \*

Kathy gets support from a facilitator to be a CAC member. A facilitator is like a job coach. Facilitators help people be successful as board members or committee members.

A facilitator can:

- help you get ready for a meeting by reading meeting materials with you;
- drive you to the meeting;
- help you during the meeting to participate and know meeting rules,
- help you after the meeting to do any assignments.

Like a job coach, a facilitator can help you succeed and be the best board or committee member you can be. As you become more comfortable and confident, your facilitator can back out so you are more independent.

Want to know more about facilitation? Here are two resources:  
Facilitation: A Ramp to Success:

[www.sccd.ca.gov/res/docs/pdf/SSAN/TextOnly/facilitation.doc](http://www.sccd.ca.gov/res/docs/pdf/SSAN/TextOnly/facilitation.doc)

Facilitation Tips:

<http://www.dds.ca.gov/ConsumerCorner/docs/FacilitationBooklet.pdf>





## Zach's Job Successes

Zach used to work on a janitorial crew at a workshop. He liked janitorial work but he didn't like working at different job sites and he didn't like that his pay fluctuated. He quit the workshop.



Solano Diversified Services helped Zach get a job at NorthBay Medical Center. Zach cleans the house where the on-call doctors stay. This job is a good fit for Zach because he can work in a quiet environment and his coworkers treat him with respect. With support from his job coach, Zach has learned new tasks and learned to confidently get around the hospital. Zach advocated for himself by asking for more hours and he was given new duties.

Zach says he likes his job. "I want to make big money. I'm saving to take a trip. I want to work more. I want to work here until I retire, until I'm an old man."

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## If you want a job...

- ✓ Contact your service coordinator and ask for an IPP meeting.
- ✓ Prepare for your IPP meeting. Write down the kinds of jobs you've had, the volunteer work you've done, your skills and talents. You can ask friends to come to your IPP meeting with you!
- ✓ If you need help asking for a job or if anyone tells you 'no', contact Area Board 4 at 707-953-8403 or [cindy.ruder@scdd.ca.gov](mailto:cindy.ruder@scdd.ca.gov).

Sometimes people worry that they will lose their SSI, SSDI, or medi-cal if they get a job. There are many things you can do to keep your SSI, SSDI, and medi-cal if you get a job. Area Board 4 can arrange a training for your program on keeping your benefits. Here's some resources:

### A Desktop Guide to Social Security and SSI Work Incentives

<http://www.disabilityrightsca.org/pubs/551601.pdf>

### Your Right to Integrated Competitive Employment

<http://www.disabilityrightsca.org/pubs/553901.pdf>





## You Can Get Independent Living Services (ILS) Even if You Live at Home with Your Family!

For a long time adults who received regional center services were not allowed to receive **ILS** paid for by the regional center if they lived at home with their parents or other family members. The law has now changed with Governor Brown signing Senate Bill 1093 (SB 1093). SB 1093 had many sections and one section talked about allowing **ILS** for adults living at home with their parents or family members.

### What are Independent Living Services?

Independent Living Services (ILS) are services that help you develop skills that you need to learn to live independently in your community. Many people use **ILS** to help them move to a new home or apartment. **ILS** programs can help you plan your move and budget for rent and other bills like electric, gas and water.

Also, **ILS** programs can teach you skills, such as: cooking, housecleaning, grooming, and money management. Some people may already have basic self-help skills but still need **ILS** in certain areas to remain independent. For example, you may need help with: paying your bills, and planning your meals.

You can also use **ILS** services to hire and supervise someone to help you with self-care or other activities that you cannot do yourself and are not provided by other agencies. For example, **ILS** can help you learn how to safely use public transportation so that you can buy your groceries or run errands.

### What does the new law mean?

It means that if you are an adult living at home with your parents, family member or someone else, you can get **ILS** if:

- (1) Your need for **ILS** is written into your Individual Program Plan (IPP), and
- (2) Your need for **ILS** is either to help you get skills to live on your own or to help you become more independent while living at home with a parent, family member or other person.

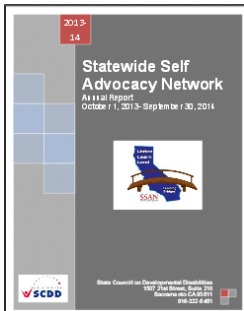
If you are an adult receiving regional center services who lives at home with a parent, family member or other person and you want to learn how to live more independently, ask for an IPP meeting with your regional center service coordinator. At your IPP meeting, you should explain why you need **ILS** and ask that your request for **ILS** be written into your IPP.



# Statewide Self Advocacy Network

The Statewide Self Advocacy Network (SSAN) met on December 15 & 16 in Sacramento. SSAN is working hard to develop presentations on Employment First and Self Determination. When the presentations are completed, SSAN members will provide trainings to people throughout California.

SSAN elected a new Secretary. Congratulations to Charles! He joins the other SSAN officers Jennifer (Vice Chair) and Cheryl (Chair). The officers have many plans to make sure SSAN is a valuable resource for self advocates throughout California.



You can learn more about SSAN at <http://www.scdd.ca.gov/networkoverview.htm> SSAN's annual report has information on the work SSAN members did in 2013-2014 to help Californians who have developmental disabilities to have better lives.

**SSAN Resource:** You can get low cost (\$10/mo) internet and/or a free hot spot (while supplies last and only until the end of December). Call or email Kim Hogan at [kimhogan@CFILC.org](mailto:kimhogan@CFILC.org) or 916-325-1690, ext 351. Tell her Ted Jackson from SSAN sent you. If you get a voicemail, leave Kim a message.



Questions or comments about this newsletter can be sent to Area Board 4, 707-953-8403 or [cindy.ruder@scdd.ca.gov](mailto:cindy.ruder@scdd.ca.gov) Please feel free to send in articles or photos for the newsletter!